



My Minds Escape

David E. Hilton



My Minds Escape:

Enter My Mind Mathew Ossja, 2008-08-19 The book that recorded some of the heart warming and uplifting emotions ever but mostly the darkest coldest and emptiest feelings that had scarred the once graced heart Enter the conflict between morals and emotions decisions and impulses and how even the darkest moments contrast off the lightest Starting off into cultural backgrounds and perceptions on war and religion an account of emotions dealing with the external part of the mind Then enter into the internal abyss of the mind exploring the personal struggle within a conflicted emotional bind The hardship of sorrow built upon anger and heartache being victimised by hopelessness and being driven mad by anger Upon the final pages of the internal mind leads back to the outside once again expressing the emotions of happiness and serenity directed by love What lies beneath the sorrow heartache and anger is the driving force behind the control upon impulses with its presence in the end of the mind being self reconcile *Escape* CA Gurjaspal Singh ,2022-04-22 Whenever my mind travels over the past events in our lives there is always one incident stands out prominently to remind us of the narrow escape we once had which actually puts us either in a dark phase or takes us to a whole new world So being trapped in the darkness we need to find a solution to escape from the fake world of promise Everyone today is ready to find a way to escape to somewhere where there are no dark secrets and fake promises With the solution to find the inner strength to reach out to your core strength Presenting you all with the book *ESCAPE* *Escape of a Block Island Artist* Ted Merritt, 2014-06-11 This small book has three strands First it is about escaping from the workaday world Second it is about using art and to some extent music to escape and it is about Block Island Rhode Island which is a popular tourist escape destination Block Island referred to by some as one of the five most beautiful places in the world is an outdoor paradise well worth a visit With a setting fifteen miles due south from Rhode Island out into the Atlantic Ocean it offers its entire perimeter of beaches and bluffs to the public as well as its interior greenway walking trails Approximately 43 percent of the island land is open space It is therefore no surprise that the island population swells from approximately a thousand in the winter to more than fifteen thousand in the summer The painting on the cover depicts a double ender sailboat of the type that Block Islanders used in the 1920s and 1930s Block Islanders used the double ender to fish and travel back and forth to the mainland The boat is remembered in the Block Island annual Fourth of July double ender parade as a small versatile craft that could sail well in heavy air be hauled out on the beach for safekeeping at night and could carry large loads of fish The hull comes to a point at the bow and again at the stern to split the waves breaking in the front and back It carried stones from the beach for ballast until they were jettisoned and replaced by a like weight in fish From twenty five to forty feet in length with a crew of two this was the only mode of transportation to and from the island for many years The painting reflects an image in my head and I created it on an eleven by fourteen inch canvas in heavy body acrylic The robust and almost primitive style of the art is offered to represent the weather oriented life and nature of early islanders I often escape from daily life by imagining my

hand on the tiller of this boat in a storm It was with that feeling that I used the paintbrush to cut the unique curves in the painting In this book I talk of looking into ones head for escape satisfaction and comfort Most Block Islanders because of the nature of their isolation also have learned in my opinion to look inward for satisfaction and comfort and to escape During the past decade I have come to know Island visitors as a resident as a water taxi driver in New Harbor and as an artist in the Spring Street Art Gallery It appears to me that most people come to the island with visions of escape in their minds Island visitors and residents for the most part have chosen to escape from the mainland or America as Islanders describe it to enjoy a more relaxed life surrounded by the Atlantic Ocean Willy nilly describes life on the island spontaneous and haphazard This story is autobiographical with a philosophical flavor The paintings reproduced in these pages are my interpretation on the escapist theme The paintings argue that for me becoming an artist was a good way to escape Singing was another Singing and painting are two of the ways I have chosen to escape When painting I never use a photo or any other document to guide my artistic production Reaching into my head has turned out to be fun and writing about escapism has also turned out to be fun I conclude that it is fun to escape Perhaps an exploration of what is in your head will result in a new artistic pursuit

One Minute Meditative Walk Ashok Sharda, 2022-09-13 Despite having the luxury of an all time company of a Metaphysician who dwells in the right hemisphere of his skull he keeps on failing to attain twenty four seven meditative state One fine morning this metaphysical entity appears in his study in an assumed physical form to personally train him in an experiential one minute meditative walk But alas He fails despite seven attempts **The River's Destiny** Barney

McMillan, 2009-12 **You Can't Escape** Husair Zein, 2024-11-18 You Can't Escape is a heart pounding romantic thriller that delves into the depths of love loss and survival The story follows Rishab a young man whose life is shattered when he and his beloved Aliya are drawn into a dark web of revenge What begins as a romantic journey quickly turns into a struggle for survival as they face captivity loss and unimaginable hardship Trapped and separated Rishab's only solace is his love for Aliya and the hope of escaping with his child As he confronts his captors the pain of Aliya's tragic death and the challenge of starting over Rishab must decide if he can let go of the past or if it will consume him With its intense plot twists and profound emotional resonance You Can't Escape captures the resilience of love against unimaginable odds This debut novel by Husair Zein invites readers into a world of suspense heartbreak and hope where every page holds a new revelation and every moment is a fight for survival *Kings of Colorado* David E. Hilton, 2012-01-03 In this heartfelt portrait of a bygone era a man reflects on his troubled childhood at a boys reformatory where troubled youths care for wild horses as untamed as the boys themselves

Escape to Nowhere Fran Lucca, 2019-06-27 As a teenager Ron Reynolds trekked across the United States and overseas in quest of adventure Stints as carnival worker ranch hand cabana boy and lifeguard to a deckhand on the China seas could not quench his thirst for excitement until the nineteen year old Buffalo New York adventurer saw a poster in Paris luring him to a five year enlistment in the famed French Foreign Legion For eighteen months that dream

became a horrible nightmare of senseless desert killings and brutal and sadistic treatment including a thirty day imprisonment in a desert dungeon at the hands of a half crazed Turk Finally after two unsuccessful attempts to escape in which he barely survived the punishments Ron was determined to make it to freedom or take his own life by falling on his bayonet His daring escape filled with terror and suspense was bittersweet The Yankee mercenary found himself a man without a country and a price on his head by the French government In essence he had escaped to nowhere He says that if he had to do it over again he would take the easy way out in front of a firing squad On a happy note Ron Reynolds is once again an American citizen

Soul in Control Janet M. Neal, 2012-08-13 By all accounts Janet Neal was living the ideal life or at least she thought she was The reality was quite another story She was exhausted unhappy and unsure of just who the real Janet truly was Life and a liberal application of hair gel to her face helped to get her attention forcing her to move from her reliance on her faulty thinking to listening to the wisdom of her soul This collection of insightful and amusing vignettes chronicle a superwomans journey fueled by her belief that she had to do everything and do it perfectly to her awareness that there was actually nothing she had to do she already had it all A must read for anyone who has thought Is this all or What now Janet gives life a new perspective indeed a soul perspective Nancy Aronie Author Writing from the Heart Soul in Control is an engaging and entertaining reminder to stay focused on whats important Janets practical advice is sound medicine for a frenetic world overtaken by distraction and a false sense of productivity Her wisdom offers hope in our professional and personal lives Kenny Moore Author The CEO and the Monk One Companys Journey to Profit and Purpose In her wonderful guide to living a deeper richer life Janet Neal takes us by the hand and shows us step by step how to give up the need to manage our life perfectly and find that serene sunlit place where our soul is in control With stories and lessons straight from the heart that we can all embrace Janet is a wise and witty superwoman turned sage If you want more joy fulfillment and fun in your life then read Soul In Control youll be glad you did Karin Abarbanel Co author Birthing the Elephant The Womans Go For It Guide to Overcoming the Big Challenges of Launching a Business

El Gato Negro escaping thirteen deaths Volume II The Wizard, The Journey, The Girlfriends, The Gang Marcelo Mendoza, j.liberkowski ph.d. Robert L. Barnes, 2016-12-31 Juan Castro at the age of seven loses his entire family The Cobra gang of Escuintla raises him up to be a top assassin and drug dealer Over the course of three decades he escapes death 13 times Eventually his activities in the gang life become so severe that El Gato Negro is forced to hide in America Even his education with the wizard and a myriad of jefes cannot protect him from the inevitable

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